

Coaching Tip Number 1 – Changing Habits

Practice for trying to change.

Like many people, you may feel frustrated trying to change a bad habit, an unhealthy habit or just a habit that is not serving you well any longer. Sometimes people fail because they focus on the wrong reasons for changing. Perhaps you've tried for example to get regular exercise but can never stick with it. It may be that your motivation to exercise is what's tripping you up. Maybe it's time to step back and reconsider your reasons for wanting to change.

Perhaps you are focused on exercising mainly as a way to lose weight. While that isn't a bad reason for changing, it may not be what motivates you enough to help you stick with it. Instead, think about how getting regular exercise ties in with what you value most in life. Write down your list of values. It might include your family, your health and longevity and your self-esteem. Now focus on how exercise will help support those values. Exercise can help you live a longer life by lowering your risk for certain diseases. This means you'll be more likely to be around for your family for years to come.

Thinking about exercise – or any new healthy habit – in relation to your values may give you the motivation to stick with it. To help you stay on track, post your list of values where you'll see it every day. There may not be a better motivator.

This works for many healthy living issues, anger management and setting priorities in your life, time management and work related conflicts, and changing any habit that gets in the way of a healthy, happy work and home life.

“It's not that some people have willpower and some don't. It's that some people are ready to change and have a good reason and others do not.”

Contributed by Made For Success – Chris Widener at www.chriswidener.com.